



Twice-Cooked Garlic & Rosemary Potatoes

with Honey-Rosemary Carrots

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Carrot

Recipe Update

Unfortunately, this week's baby carrots were in short supply, so we've replaced them with carrot. Don't worry, the recipe will be just as delicious!

Prep in: 30 mins
Ready in: 1 hr

We put a twist on these standard veggie sides by roasting sweet baby carrots with herbs and honey, and adding a special ingredient to our potatoes to ensure golden edges and extra crunch!

Pantry items

Olive Oil, Butter, Plain Flour, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Two oven trays lined with baking paper

Ingredients

	4-6 People
olive oil*	refer to method
potato	6
garlic	3 cloves
rosemary	8 sticks
carrot	4
butter*	50g
plain flour*	1 tbs
honey*	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2115kJ (505Cal)	274kJ (65Cal)
Protein (g)	16.4g	2.1g
Fat, total (g)	6.2g	0.8g
- saturated (g)	1g	0.1g
Carbohydrate (g)	92g	11.9g
- sugars (g)	18.8g	2.4g
Sodium (mg)	108mg	14mg

The quantities provided above are averages only.

*Nutritional information is based on 5 serves

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Cook the potato

- Preheat oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Cut **potato** into bite-sized chunks.
- Cook **potato** in the boiling water until tender when pierced with a knife, **12-15 minutes**.



Roast the potato & carrot

- Drain **potato** well, then return to saucepan. Add **garlic** cloves, remaining **rosemary** and the **butter**. Season generously with **salt** and **pepper** and sprinkle over the **plain flour** evenly. Toss to combine and rough up the edges.
- Spread **potato** evenly over a lined baking tray. Spread **carrots** evenly over a second lined oven tray (divide between three oven trays if your trays are crowded!).
- Roast the veggies, with the carrots on the bottom rack, until the potato is golden and the carrots are tender, **30-35 minutes**.

TIP: *Roughing up the edges helps the potato get crisp edges while roasting!*

TIP: *The carrots may be done earlier than the potatoes, so keep an eye on them!*



Get prepped

- While the potato is cooking, using the flat side of a knife, gently crush the **garlic** cloves, leaving them in their skin.
- Pick **rosemary** leaves and finely chop. Halve **carrots** lengthways.
- In a large bowl, combine **carrots**, 1/2 the **rosemary**, the **honey**, a drizzle of **olive oil** and a generous pinch of **salt** and **pepper**.

TIP: *Leaving the garlic cloves in their skin prevents them from burning!*



Serve up

- Transfer twice-cooked garlic and rosemary potatoes to a serving bowl.
- Transfer honey-rosemary carrots to a platter to serve. Enjoy!

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